Are you age 60+ and interested in participating in a Harvest for Health Gardening Study?

USA Mitchell Cancer Institute is helping to spread the word about a research study conducted by the University of Alabama at Birmingham, but you can participate without ever having to leave your home. Having a garden may help cancer survivors eat better, get more exercise, and be healthier. Participants are cancer survivors who will be given supplies and will receive guidance from certified master gardeners to establish a home vegetable garden.

About
Harvest for Health is a gardening study for Mitchell Cancer Institute cancer survivors to see how gardening can improve diet and physical activity.

Mission
Our goal is to provide a novel and holistic approach to decrease the age- and treatment-related functional impairment in elderly cancer survivors. Cancer survivors are at increased risk for second malignancies, cardiovascular disease, osteoporosis, and functional impairment. We seek to develop effective interventions that can prevent, delay, or mitigate the adverse effects and comorbidities. Strong evidence exists that a healthful diet and regular physical activity can prevent many chronic diseases and improve physical function. The proposed vegetable gardening intervention is a novel and feasible strategy to reduce functional impairment and improve quality of life in elderly cancer survivors.

Description
The Harvest for Health Study is a gardening intervention study to determine how gardening affects physical activity and diet in cancer survivors. The Harvest for Health study at UAB is partnering with Mitchell Cancer Institute to recruit eligible participants. If you or someone you know is interested in participating, please review the eligibility criteria listed below. If you are interested please call 205-996-7367.

Eligibility Criteria:
We are currently seeking 46 adult cancer survivors with the following characteristic:

- 60 years or older in select rural and urban counties in Alabama (i.e., Cullman and Mobile counties)
- Have not gardened in the past two years
- Have a willingness to commit to one year of baseline and follow-up visits

For additional information, please contact:
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